



Knights View Elementary

Social Emotional Readiness for Kindergarten

Ways you can build social emotional skills with your child to be ready for Kindergarten

Self-Awareness and Emotional Skills:

- Encourage kids to use their strengths.
 - If your child loves art, help them cultivate that skill. If they are really into soccer, encourage them to continue improving.
- Encourage a growth mindset & talk about the power of “yet.”
 - “I can’t do that yet, but I’m going to keep practicing.”
- Praise your child's effort, not the outcome.
 - “I’m so impressed with how hard you worked on that picture” instead of “You’re a great artist.”
- Help your child compliment themselves.
 - Have your child say statements to themselves such as, “I am kind. I am strong. I am a hard worker. I am smart. I am brave.”
- Try new things together.
 - Show them that you’re still learning, too! Encourage them to get out of their comfort zone by getting out of YOUR comfort zone.
- Explicitly teach about emotions and encourage your child to check in with their own emotions throughout the day.
 - Talk with them about how their bodies feel when they have different emotions.
 - Discuss different strategies to use to help your child calm down.
 - Explain that all emotions are normal and ok to feel, but it is our reactions that we need to regulate to be able to handle stressful situations appropriately.

Relationship and Social Skills:

- Ask lots of questions.
 - These should be open-ended questions, so it gives your child a chance to share their opinions and ideas.
- Practice role playing.
 - Pretend play is amazing for younger AND older kids! This is especially helpful when working through challenging friendship issues or anxiety about going to kindergarten.
- Help kids become more empathetic.
 - Talk about different situations and ask how the other people might be feeling when those things happen. It’s also important to encourage active listening to really hear what the other person is saying.
- Explain the difference between “sharing” and “taking turns.”
 - Sharing = each person getting some of the item (ex: sharing blocks)
 - Taking Turns = each person gets a turn with the item (ex: taking turns with a ball)
 - Using the correct language is so helpful so our children clearly understand our expectations.
- Give your child a chance to cooperate with you (or others).
 - When your child gets a chance to work together with someone else to achieve a common goal, it helps them learn to get along with others.
- Be a good role model.
 - How you interact with your child is how they’ll interact with their friends and peers! For example, if you don’t want your child to be demanding of their friends, then watch how much you’re demanding of your child.

And don’t forget... students aren’t expected to have these skills mastered on the first day of Kindergarten. These are LIFELONG skills they’ll be working on developing for many, many years. This is just a starting point to remind you that these skills & activities deserve our time & attention just as much as academics.